



TMI

# focus

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A Newsletter Of The Monroe Institute

Spring 1992

## Program for a New Century

Finally! The long-awaited learning system that provides the individual a way to begin complete self-control over all personal mental, physical, and emotional energies. It also brings into being a Different Overview, or DO, for the participant. This will be so very important in the years to come.

These methods and techniques are in great need *here and now*, as you may know. They are essential to the conversion of self into different states of awareness and functioning to meet effectively the challenges of living in the coming new century. To be prepared, one must begin now. This is the reason for the title *HEMI-SYNC 2000*.

The premiere week-long program will be conducted at the Institute Center in Virginia starting on June 20th. The first priority is to develop an "access channel" in our total selves for instilling deep-level changes as may be desired or needed. Through the access channel, you will be able to insert permanently into your life pattern various Functions that become available upon command. Many of these will be in place and operating upon completion of the training session.

- \* Control of pain
  - \* Strengthening of the immune system
  - \* Application of subtle energy fields for healing and other factors
  - \* Development of intuitive perception skills
  - \* Control of sleep and wakefulness
- HEMI-SYNC 2000* makes use of taped exercises, the group process, and special presentations to assist you in shifting into a Different Overview, whereby these expanded abilities can be integrated and applied. Where possible, all new Functions learned during the week will be demonstrable by personal use and validation. In addition, you will be assisted in developing a personalized program for continued expansion at home.

*HEMI-SYNC 2000* is a powerful application of the Hemi-Sync technology, aimed at creating "something of value"—practical tools both for your life today, and for creatively managing the extreme changes looming on the horizon. Let program applicants be forewarned: *HEMI-SYNC 2000* may be hazardous to your present belief system. We also promise that it will be

## THE KEY TO MY MIND A Story of Brain Injury and Recovery

by Susan F. Tirotta

*Sue Tirotta lives and raises quarter horses on a ranch near Ellensburg, Washington. The following account describes how Brain: Repairs & Maintenance, and other Function exercises, contributed to her recovery from a severe head injury.*

I was very interested to read "Brain Injury Recovery With Hemi-Sync" by JoHanna Hawthorne, in the Summer 1990 *HEMI-SYNC™ JOURNAL*. In October 1975, when I was twenty years old and in college, I fainted as the result of an undiagnosed bleeding duodenal ulcer and fell, hitting my head severely on the corner of a sharp, marble table top. When I awoke I struggled to find help by climbing to the second floor of the building. Halfway up the stairs, I fainted again, fell to the bottom of the stairs and remained unconscious. I was found sometime later by other college students, who summoned an ambulance. The college clinic examined my injury and decided it was too severe for them to treat. They sent me via ambulance to a large medical center twelve miles away. In the ambulance I experienced my first vivid out-of-body experience. As I looked down on the ambulance attendant from above, I heard him say clearly to the driver, "We're losing her—you'd better step on it!" He administered some type of injection to me, and I returned immediately to my unconscious body.

After arriving at the medical center emergency room, I experienced several disjointed OBEs. At one time I was diagnosed as having entered a coma.

*Continued on page 2*

## HEMI-SYNC 2000

Such Functions include

- \* Management of physical energy and metabolism
- \* Enhancement of concentration, memory, and learning
- \* Removal of addictions and restrictive emotional patterns

fun, provocative, and potentially life-changing.

Over the last few years, the fervor over the mind-body connection has greatly intensified throughout our culture. With the convergence of the once-insulated disciplines of science,

*Continued on page 6*

## BRAIN INJURY *(continued)*

Two surgeons shaved my head and clamped my scalp together with big, metal clips. Several hours later I regained consciousness and was told that I had suffered a brain contusion and severe concussion. I was terrified to remain in the huge, impersonal medical center, so after I promised to go directly to the college medical clinic and check myself in, the medical center discharged me. But instead of going to the college clinic, I went to my dormitory room and fell asleep. I awoke with a splitting headache and my pillow and bedding soaked in blood. It was then that I first realized that something was very wrong with me.

A friend very kindly drove me to my parents' home fifty miles away to recuperate. I was disoriented and weak as a kitten. I would fall into a sudden, deep sleep while people were talking to me. I found it difficult to carry on a coherent conversation and would forget in the middle of a sentence what I had begun to say. I forgot how to read and write! I could not walk more than fifty feet without sitting down to rest. I would suddenly begin crying for no apparent reason. Things people said to me didn't make sense. I felt out of touch with my thoughts, my emotions, and my body. I had blinding headaches and my vision periodically blurred. I felt as if I must be having a nervous breakdown or going crazy. I tend to divide my life now into "before the accident" and "after the accident."

Before the accident I was a gifted student. The last WAIS (Wechsler Adult Intelligence Scale) test I took about one year before the accident showed my IQ to be in the range of 142-145. I graduated at the top of my high school class, was very popular and well-liked, and belonged to numerous clubs and athletic teams. I was an avid skier, tennis player, and equestrienne; had been accepted on scholarship to a leading university in pre-veterinary medicine; had an active, fulfilling social life and a loving, supportive family. I had a competitive, "type-A" personality and could be classified as an "overachiever" in many ways—thus the duodenal ulcer.

After the accident I was physically weak, emotionally demoralized, out of balance, and mentally insecure. My ability to read and write returned slowly as my brain began to heal itself.

My family physician noted when he removed the metal clamps from my scalp that if my injury had been a half inch to either side I would probably have been blinded or killed. But the doctors who saw me knew little about "closed head trauma," and they did not recommend a neurologist or physical therapist. I felt that my mind was betraying me, and I didn't know how to fix it. I had become involved with Hatha Yoga two years before, and I

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*Despite all the hardships I went through with my brain injury, in retrospect I am able to see the larger picture and how my life has been changed for the better by it all.*

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now turned to it in earnest. I branched out with Raja Yoga, then into Mantra Yoga and Kundalini Yoga. The OBEs I had experienced with my injury sparked a deep interest in the metaphysical and spiritual. My body and mind strengthened enough for me to return to college after a few months, but I was a shadow of my former self. The splitting headaches continued for about three years after the accident. No matter how much I worked through meditation and self-discipline, I lacked confidence in my mental abilities and my emotional reactions. Nevertheless, I graduated from college, began working for a living, and eventually married. My eyesight gradually worsened, and I began wearing glasses all the time instead of just to read. Although apparently no one else could see it, I felt "damaged." Often I would have to stop in mid-sentence and try to express my thoughts a different way. I lost much of my prior vocabulary. Although I continued to meditate daily, both alone and in groups, and to explore my spiritual path, there were parts of my brain that I became resigned would never heal.

Then, six months ago, through a strange and serendipitous route, Hemi-Sync came into my life. Although I read Robert Monroe's book on OBEs years ago, I didn't recall anything about The Monroe Institute or Hemi-Sync. But suddenly, here was this intriguing possibility. *Brain: Repairs & Maintenance* was the first tape I ordered.

I listened to the tape about four times before I began to notice results. They were very subtle but concrete. In addition to raising and showing horses, I am an administrative assistant at a university, and I must compose a lot of correspondence and reports. The more I used the Function Command "Plus-Flow Better," the easier it became to express myself both orally and in writing. I began to look forward again to expressing myself and talking with other people. After three months of using the command on what I imagine to be the damaged vision center of my brain, one day I realized I had gone almost all day without ever picking up my eyeglasses from my bedside table!

I use the Function Command several times each day, beginning in the shower each morning and ending as I go to sleep at night. As I use it, I feel as if a veil is being slowly but gently lifted from my mind. I also use the Command in conjunction with various meditations on mantras, chakras, color, and light. I have also begun using *H-PLUS Synchronizing and Circulation* along with *Brain: Repairs & Maintenance*, as well as *Resonant Tuning* from the *MIND FOOD* tapes. They seem to have a cumulative effect. Although I have studied metaphysics and esoteric disciplines for many years, it is definitely the Hemi-Sync tapes which have given me back the key to my mind. I still have deficiencies in memory, emotion, and intellect that I must work continually to correct, but I feel strongly now that I can recover much, if not everything, I "lost" fifteen years ago.

It is too bad that I do not have medical documentation of my story. The family doctors who examined me before and after my accident are dead. I never had a neurological profile done, but I am convinced that I suffered significant brain damage which would generally be considered irreversible, especially in light of the passage of so much time.

Despite all the hardships I went through with my brain injury, in retrospect I am able to see the larger picture and how my life has been changed for the better by it all. I'm not sorry about my years of suffering, but I'm happy to see now how I can heal myself. I hope others with similar problems will be led to your Hemi-Sync tapes when they require them and are ready to use them to most advantage.



## INNER CIRCLE

The last experimental tape sent to *INNER CIRCLE* participants for their evaluation produced fascinating information, and has pointed the way to a whole new area of investigation. It's premature to discuss the specifics in this public medium. That will have to wait for further analysis and follow-up.

At this point we can say that the new Hemi-Sync frequencies on the tape elicited expected results from some evaluators, and exactly contrary results from others. What does this mean? Well, we're not sure, but we intend to pursue it and learn more. It raises the intriguing possibility that different personality types respond to specific Hemi-Sync patterns in a predictably different fashion, which reinforces the intriguing possibility of customizing Hemi-Sync for maximal effect.

To the *INNER CIRCLE*, for participating in helping us move beyond the frontiers of what is known: thank you.



## LIFELINE: REDEFINING DEATH

*The 'other side' . . . does not have to be perceived as a strange, eerie place beyond imagination, for it is just a phase away.*

In February, the fifth *LIFELINE*, a six-day graduate course, held at the Institute Center proved to be a landmark program. Like tumblers in a lock, *LIFELINE*'s distinctive features, refined and matured since the program's inception in June of 1991, fell into place with a nearly audible "click." A new gateway swung wide on its hinges—a gateway into territory previously charted by a very few conscious explorers, and some others who discovered it by accident. *LIFELINE* leads participants along the consciousness continuum to the very edge of human experience, offering us an opportunity to be of service to those who are no longer physical.

*LIFELINE* introduces, and operates within, very deep states of awareness: Focus 22 through Focus 27. From these unique levels contact is made with individuals who have died physically but, for various reasons, remain "stuck"—unable to detach completely from the earth energy systems. One stated objective of *LIFELINE* is to rescue or retrieve these individuals, guiding them beyond the earth experience to a "reception center" (Focus 27) where they can rest, review their life experiences, and consider their next evolutionary steps. One participant described the retrieval process as follows:

"I felt a wave flow over me, a soothing wave that relaxed me and sent me deeper within myself. But this wave was different, a multidimensional wave

that seemed to exist in both the physical and nonphysical. My perspective was from a point well inside the usual shell of perception . . . the subtle awareness of this level and its true reality became evident to me.

" . . . I perceived the existence of a soul that still hadn't come to grips with the reality of his death. I lifted him to the reception level. My perspective was one of detachment, but afterward the weight of the significance hit me like a ton of bricks. The 'other side,' as it were, does not have to be perceived as a strange, eerie place beyond imagination, for it is just a phase away. A shift of perception along with a subtle awareness is all that is needed."

Healing is the second stated objective of *LIFELINE*. Using the Dolphin Energy Club (DEC) processes designed for *LIFELINE*, participants actively engage in sending positive, healing energy to others who have given their permission, and to themselves. DEC activities are also available to TMI members and other program graduates (see "Dolphin Energy Club" article in this issue).

As the theme of service inherent in *LIFELINE* echoes along the consciousness continuum, its essence is clearly articulated by one participant who states ". . . 'rescue and retrieval' is not necessarily about performing a service to others, but rather about performing a service for ourselves, thus performing for others as well."



## HOW REAL IS REAL? LIFELINE Verifications

Is empirical evidence necessary to validate the *LIFELINE* experience? Will objective proof convince the skeptics? Are we seeking the existence of an absolute reality? The answer to these questions is, obviously, no. But, like Bob Monroe inquiring into the nature of his early out-of-body experiences, we are rational as well as intuitive beings. Our "left-brain" analytical faculties serve us well and deserve to be rewarded with occasional "facts." Retrieval verifications provide such facts.

For example, we received verification of a retrieval in February during filming for a Japanese TV special (see "Hemi-Lync" in this issue). Teena Anderson, one of our *LIFELINE* trainers, agreed to be filmed as the subject of a session in our laboratory isolation booth. While demonstrating the various Focus levels during the experiment, Teena was spontaneously called by someone to perform a retrieval. The taping continued as she reported meeting a twenty-three-year-old woman named Elizabeth Wren Taylor who died in an automobile crash on February thirteenth or eighteenth of this year in Doylestown, Pennsylvania. (The actual names are changed.)

Following the session, the TV commentator and other crew members began attempts to verify this information. A convoluted trail of clues and many hours later, it was confirmed that a woman in her early twenties named Elizabeth Francis Taylor from Doylestown, Pennsylvania, had experienced a death on February thirteenth. However, it was not she who died in the car crash, but her father, in the same town.

Since *LIFELINE* was first conceived, the notion of forming a research department to verify retrieval information gathered by the program participants was a part of it. The maintenance of such a department requires a level of staff participation beyond our current resources. We are, therefore, seeking volunteer *LIFELINE* researchers—interested TMI members and associates who are fascinated by this work and who are willing to contribute their investigative skills to the process. If you are one of these folks, drop a card with your name, address, and telephone number to the TMI FOCUS. We'll be in touch.



## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

**1992**

### GATEWAY VOYAGE

April 11-17  
May 9-15  
June 6-12  
July 11-17  
August 1-7  
August 29-September 4  
October 3-9  
November 7-13  
December 5-11

### GUIDELINES II (A Graduate Program)

April 25-May 1  
August 8-14  
September 5-11  
November 14-20

### PROFESSIONAL SEMINAR

July 18-24

### LIFELINE (A Graduate Program)

May 16-22  
June 13-19  
August 15-21  
September 12-18  
October 10-16  
November 28-December 4  
December 12-18

### HEMI-SYNC 2000

June 20-26  
October 24-30

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The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

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## HEMI-LYNC Making Global Connections

*Hemi-Lync is a new column in the FOCUS. It is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item (no personal advertising, please!), write or call the TMI FOCUS, The Monroe Institute.*

### Books

**The Holographic Universe**, by Michael Talbot (\$19.95, hardcover, Harper Collins). Talbot explains the holographic model of the universe derived by David Bohm and Karl Pribram as a basis for understanding many of the unsolved mysteries of physics and paranormal events. Bob Monroe's experiences are drawn upon in the discussions about the out-of-body phenomenon.

**Traveling With Power: The Exploration and Development of Perception**, by Ken Eagle Feather (\$10.95, softcover, Hampton Roads) offers easy-to-follow techniques, with practical applications to daily life, for those who seek to explore the nature of consciousness and the many varieties of perception. It contains out-of-body traveling tips and liberal excerpts from Ken's experiences with TMI's *EXPLORER* program.

**What a Great Idea!** by Charles "Chic" Thompson (\$12.00, softcover, Harper Collins) defines key steps that creative people take, teaches how to challenge assumptions that stifle your creativity, how to free your innate innovative abilities, and how to get from brainstorming to finished product in four steps. It cites Hemi-Sync as a tool for overcoming mental blocks and includes excerpts from an interview with Joe McMoneagle on remote viewing.

### Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

#### BUTTE, MT

Leo McCarthy  
(406) 494-3567

#### CAMBRIA, CA

Lealand Beck  
(805) 927-4621

#### HENDERSONVILLE, NC

Joe Gallenberger  
(704) 693-4721

#### INDIANAPOLIS, IN

Shawn Casey  
(317) 852-7727

#### LAGUNA BEACH, CA

Libby Roberts  
(714) 494-3282

#### LAMBERTVILLE, MI

Eileen Tucker  
(313) 856-5251

#### LEIMEN, GERMANY

Kala Siciliano  
06226/5192

#### MONTVILLE, NJ

Judith Lerner-Taylor  
(201) 402-8142

#### MT. PLEASANT, NC

Jacqueline Simanek  
(803) 849-1652

#### NEW YORK, NY

Ross Jacobs  
(212) 929-0661

#### OAKLAND, CA

Virginia Barclay Goldstein  
(415) 339-1769

#### PORTLAND, OR

Bill Oakes  
(503) 288-5305 (w)

#### SAN FRANCISCO, CA

Hildegard Minstein  
(415) 255-0446

#### SCOTLAND, CT

Genia Haddon  
(203) 456-0646

#### TEMPE, AZ

Marcie A. Katler  
(602) 968-3021

#### TOLEDO, OH

Eileen Tucker  
(313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch.

*Continued on page 6*

## KEY LOVE MEASUREMENT

by Robert Monroe

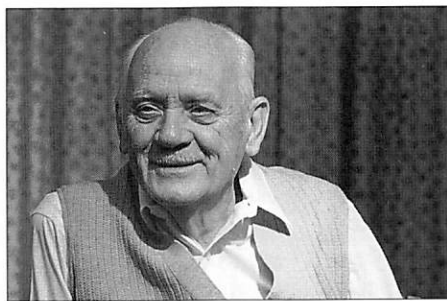
As we move leisurely but perhaps in not enough detail to uncover the idea behind being human, we are provoked into a reexamination, without rancor and remorse, of the very ordinary events that occur in one's life passage. With a Different Overview, they *feel* different. Not quite ridiculous, but certainly funny. Most of all, the good and evil tonality diminishes almost to zero. Almost—but not quite.

Back to digging for nuggets (without glitter) in human mind-consciousness (HM). Ignore what seem to be unpleasant odors and bitter tastes—they are only temporary, a product of confused conditioning. Remember that in the Earth Life System, even feces have a valuable function. They are messages left for those who can read them and eventually convert into soil rejuvenants.

The Different Overview immediately uncovers two prime factors that near-continuously direct and control what we do and how we do it, whether we like it or not, whether we are aware of it or not. There is still much controversy as to which is the most powerful of the two. Each is a variation of the ELS (Earth Life System) survival imprint, and both seem to originate strictly from our Animal Sub-Self (ASS). All of which doesn't help in the conscious coping with either.

One is the Sexual Drive. The other is fear of death. The interest here, at the moment, has to be the former because it may help along the path to cleaning up a mass of misprints which have so clouded and distorted our knowing.

As to sexuality and the sex drive, it would be completely presumptuous here to attempt to be authoritative—except that it is fair game for everyone. From one perspective, if there were two barriers to growth such as sexuality, the Human Mind would achieve little or nothing. Consider the events in your own life that have been affected adversely and/or distorted by your sexual "needs." By now, you can begin to laugh about them, hopefully.



As to control, your emerging Different Overview cannot offer a workable solution or resolution as to the sex drive—for the moment at least. Besides, there are many, many authorities on the subject. Just ask your neighbor or your closest friend.

Love or just the sex drive. The Big L or the animal drive to reproduce. A dangerous question. Take away the ambience, and it becomes a good dream to tell about at the next cosmic cocktail party.

Or: take away the ego gratification, guilt assuaging, the promise of reward, "local traffic" rules and approval, the desire for change, and examine what's left in do-goodism. You'll find pure Core Self expression as the essence. It is as normal as a dog wagging its tail. The Earth Life System will permit a limited amount of this as long as it doesn't upset the design.

*Perhaps one of the most difficult points to accept is the status of unconditional love . . .*

However, there is much less control over such activity when the Human Mind of us is no longer in the physical mode. On the other hand, the results are far less effective in these states of being. Thus there is a trade-off. In any event, it is a waste of emotion to attach blame if the results are less than spectacular. Altruism and compassion also are very valid expressions of the Core Self of us—if determined that they are without local contamination.

Perhaps one of the most difficult points to accept is the status of unconditional love (Big L). Because of the overwhelming force of such radiation, many if not most humans look upon it as an ultimate goal. Consider then, what the expression of such goal might be like—100% Big L and nothing more. Is there something missing?

*Continued on page 7*

## QUARTERLY TAPE ON THE AIR


On February twelfth, host Bill Richardson interviewed Bob Monroe on the "Gabereau" show heard across Canada and in parts of the U.S. and Europe. Typically, the time between the scheduling and airing of an interview is too short for us to let you know before it occurs. Therefore, we are delighted, through the generosity of CBC Radio of Canada, to be able to share this tape with our membership. 

## TMI SUPPORTERS RALLY


In November 1991 we asked for your help in keeping The Monroe Institute operating at a level which permits us to maintain and enrich our service to you. You responded with cash donations and offers of equipment and expertise.

Your contributions are helping us continue our laboratory research into the refinement of the frequency patterns of Inner Self Helper (ISH) and the development of other "Theme Evoked Sound" processes to guide listeners into ever more precisely controlled and specialized states of consciousness. We will keep you informed of breakthroughs as they occur.

Your contributions helped us establish and fund the Participant Support Network, including the Dolphin Energy Club, volunteer counselor network, expanded contact with program graduates, and much more.

Your contributions are vital to the work of TMI—today and in the future. For your friendship and support, at all levels, we are deeply grateful. 

## STATUS REPORT: ULTIMATE JOURNEY

Your lively interest in the publication of Bob's third book, *Ultimate Journey*, is equaled only by ours! For those of you who have inquired periodically, and others of you who have wondered but not inquired, the status of the book is as follows: It is completed, in the hands of an interested publisher, and publishing negotiations are under way. As soon as we know anything specific we'll pass it along to you. Thanks for asking! 

## HEMI-LYNC (continued)

### Mind Lync

From Jill and Russ Russell of Cambridge, England, comes a suggestion to use our global network of Hemi-Sync participants in a way that serves each of us individually and collectively, a way that allows us to exercise those skills and abilities we've gained from our Hemi-Sync experiences, and that can make a significant positive impact on our reality as we perceive it.

*Every Thursday (to establish a weekly routine), we enter into a deeply relaxed state of highly focused consciousness—no time, no space—and connect with that part of ourselves which is all of us. Within that connection, as we sense it, we extend our willingness to experience the connection, simply allowing ourselves to resonate with that vibratory pattern. Then, as we return to full, waking consciousness, we allow the vibration of gratitude to flow naturally and easily from us.*

See you "There!"

### Newsletters

#### Endometriosis Association

**Newsletter**, Vol. 12, No. 6, 1991. "Coping With Surgery" by Mary Lou Ballweg, Executive Director, explores the successful use of the *EMERGENCY SERIES* tapes during surgery for endometriosis. See a reprint of her article in this quarter's issue of the HEMI-SYNC™ JOURNAL.

#### The International Society for the Study of Subtle Energies & Energy Medicine Newsletter (ISSSEEM),

Vol. 2, No. 4, Winter 1991.

"Hemi-Sync and Addiction Treatment" by Leslie France excerpts from "Hemi-Sync in the Treatment of Chemically Dependent Patients" by Bogdan F. Maliszewski, MD, which appeared in the Summer 1991 issue of the HEMI-SYNC™ JOURNAL. The article describes a preliminary study suggesting that recovery from cocaine addiction was increased from twenty-five percent to fifty percent with patients who used Hemi-Sync.

### Newspapers

**The Georgetown**, Vol. 37, No. 5, February 5-18, 1992. "Positive

Immunity Pilot Program: Hemi-Sync and AIDs" by James Greene is a reprint of Jim's article which appeared in the Fall 1991 issue of the HEMI-SYNC™ JOURNAL. *The Georgetown* is published in Georgetown, Washington, D.C.

[Ed.: We will keep you informed of radio and TV publicity about TMI. Usually, it occurs too quickly for us to let you know ahead of time. However, you may inquire of your local radio and television stations—sometimes they can rerun a show and will do so if enough requests are received.]



### Radio

#### "Gabereau" interview show, Canadian Broadcasting Corporation (CBC)

A taped interview with Bob Monroe by host Bill Richardson aired across Canada in February on CBC affiliate stations. With permission from CBC, we offer that interview as this quarter's member tape. "Gabereau" estimates it reaches about one million listeners across North America and Europe.

#### "Timeless Voyager Radio" interview show hosted by Bruce Stephen Holms

Bob taped an interview for "Timeless Voyager" in January. The show is available on most National Public Radio stations in the U.S., and affiliated stations in Canada. The air date is not fixed; a station may access it whenever, and as often as, it chooses.

#### United Talk Radio hosted by Bob Hieronimus

Two live interviews with Bob Monroe aired March 1st and March 8th, 1992, in the Washington, D.C., area. The content included basic information about Bob's OBE

adventures. Six copies of *Far Journeys* were offered as prizes in a contest for listeners.

### TV

#### FOX TV independent network, "Powers of the Mind" seven-part series

FOX has asked TMI to be filmed for this series if the series pilot is a success. We are waiting to hear. In the meantime, U.S. TV viewers, keep your eye on the FOX program schedule for news of the series and the segment featuring TMI.

#### Nippon Television Network, "Life After Death, Life and Beyond"

On March 31st from 9 p.m. to 11 p.m. Tokyo time, this Japanese television special on out-of-body experiences and paranormal research was watched by an estimated 200 million viewers. A segment of the show was taped at TMI in February. Nippon's interest in TMI was OBEs and physiological monitoring of states of consciousness. Footage included an interview with Bob Monroe and sessions in the laboratory isolation booth.



## HEMI-SYNC 2000 (continued)

medicine, psychology, and philosophy, a new working paradigm is revealing itself, supporting the perennial wisdom that says we are much more than our physical bodies—and that our physical bodies can do much more than we have given them credit for. That this new paradigm is gaining momentum is evidenced by the proliferation of alternative healing therapies and by a grass-roots floodtide toward more expanded and inclusive literature, schools, organizations, and lifestyles. The question is no longer whether we will collectively make the shift into the new paradigm, but how soon. *HEMI-SYNC 2000* aims at accelerating this shift by providing the practical know-how for turning our emerging belief systems into *know*-systems, and ultimately, into *be*-systems.

Research conducted at The Monroe Institute laboratory over the last several years has led to some exciting discoveries, among them that individuals who demonstrate exceptional abilities also demonstrate certain consistencies in brain-wave activity.

*Continued on page 7*

## HEMI-SYNC 2000 (continued)

Along with other experimental findings, this has prompted TMI to develop new, more powerful Hemi-Sync patterns aimed at inducing such advanced capabilities in the average individual. Research at our lab and elsewhere has also reinforced what we have long suspected: that certain, learnable states of consciousness provide access into the "control centers" of the mind-body, allowing the individual to reprogram himself, apparently down to the level of DNA. We do not presently know what the limits of this technology for self-change might be, only that we have just begun scratching the surface.

*HEMI-SYNC 2000* is the new and companion learning system for *LIFELINE*. It offers means to express in your daily life the knowledge you discovered in not only *LIFELINE* but the *GATEWAY VOYAGE* as well. However, *HEMI-SYNC 2000* is open to anyone because it can be of immense benefit to any person who desires progress.

If you have a need of or interest in *HEMI-SYNC 2000*, call Helen Warring, registrar, at the Institute office: (804) 361-1252.



## DOLPHIN ENERGY CLUB

In the few months since this new service was inaugurated, a steady stream of requests has come our way to send healing energy to individuals in many parts of the world. The conditions of the requesters are various, including cysts, back pain, cancer, choking spells, stroke, congestive heart failure, and AIDS, among others.

The response to each request is a mobilization of some members of the DEC network to use the healing exercise they have learned on behalf of a particular individual. Scattered feedback has reached us: "I have not noticed any big, obvious moment of improvement. It has been subtle." "The cyst is improving, but it has not yet been removed."

At the same time that DEC is a service, it also represents ongoing research. We want to learn more about this energy, what it can do, and how to harness and apply it most effectively. With these goals in mind, we have instituted systematic collection of consistent information from both the senders and the receivers of DEC energy. Over the coming months we will be in a position to analyze the experience of the senders, and compare this with the experience of the receivers. This may well lead to modifications in the process and to additional DEC exercises on tape, which will lead to more research, which will lead to . . .

Will we ever be able to *prove* the healing effect of DEC energy to the satisfaction of skeptics? We don't anticipate this will be the case. This is not our aim. Our aim is simply to refine and enhance this new application of Hemi-Sync to provide "Something of Value for our contemporary culture."

If you wish to become involved in this effort, call the DEC Service Coordinator at (804) 361-1252, or send in your fee for a year's membership in the Dolphin Energy Club (\$35 for Institute members, or \$50 for nonmembers). DEC members receive the DEC healing tape, with Hemi-Sync-supported exercises to benefit themselves and others, and become participants in the activities of the healing network.



## KEY LOVE MEASUREMENT (continued)

Try it another way: at the very least, no goal or state of being would be complete without it. As we conceive of it, Big L is uniquely a product of the Human Mind.

Perhaps many of us undergo the human experience to acquire and understand Big L and nothing else. If you start to look for the "something missing," you're developing the new and Different Overview.

It's much more fun and more productive to cruise the Interstate, where the original drive behind the desire to help and love can be expressed without Earth distortion. Why move molehills when you can move mountains?

But we're here, now. Our culture has mixed the word love into too many connotations. Probably the worst and most common is "make love" to excuse a blatant act of sexual reproduction. Yet it is often an act of Big L, and once in a while it is the starting point for the latter. It may be that the original design called for sex to do just that.

Take a good look at the man-woman love that is the theme of countless

songs, novels, poetry, etc. Set aside any other forms for the moment. To cut away to the heart of such love—realistically and metaphorically—you can put it to a test or two:

- If it can't survive without sexual stimulus and/or satisfaction for a week, month, or year,

- If it fades surely without the other performing in a certain way just to "make" you feel love,

- If time-space proximity is a basic continuing requisite,

- If you or the object of your love can turn it on and off at will,

- If it is conditioned upon materiality in any form,

- If any oughts, shoulds, or woulds are a part of the matrix,

. . . then it is not love as defined herein. It may be strong and devastating, but it's nothing more than an Earth mating-breeding rite at work. Enjoy it for exactly what it is.

If it does pass the test, you're on to something big that is truly not of this world, and it will take some special handling to cope with the effects of it. The Big L, for a proper IDENT (Label), so it won't be confused with similar

word use for lesser meaning.

Or: If you like formulas, try this on for size in any relationship that has you in turmoil:

$$I(X + C) + D + Y$$

$$G + E + A$$

$$= F \text{ (UNDER 50), } L \text{ (OVER 50), OR } \text{BIG L (OVER 75)}$$

**I = INTENSITY**

**X = SHARED EXPERIENCE**

**C = COMMON GOAL**

**D = DURATION**

**Y = GIVING**

**G = GREED**

**E = EGO**

**A = ANXIETY**

**F = FRIENDSHIP**

**L = LOVE**

**BIG L = CORE SELF STUFF**

Give each ingredient an honest and candid rating on a 1-10 scale, 1 little or none, 10 very high.

Try it. Your Different Overview can handle it easily.

Excerpted from *Ultimate Journey*

## HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of

*EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support

for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.

Here are some of the *OUTREACH* workshops scheduled for the next few months:

### EXCURSION WORKSHOPS

<b>USA</b>	<b>MONTVILLE, NJ</b> April 25-26 June 6-7 contact <i>Judith Lerner-Taylor</i> (201) 402-8142
<b>CLEVELAND, OHIO</b> April 3-5 June 12-14 contact <i>Patricia Leva</i> (216) 349-1148	<b>SAN FRANCISCO, CA</b> April 18-19 May 16-17 June 20-21 contact <i>Gini Patterson</i> (415) 381-5476 or <i>Hildegard Minstein</i> (415) 255-0446
<b>COLUMBUS, OHIO</b> June 13-14 contact <i>Tom King</i> (614) 421-7117	<b>SCOTLAND, CT</b> May 16-17 June 6-7 contact <i>Genia Haddon</i> (203) 456-0646
<b>LILY DALE, NY</b> June 27-28 July 11-12 July 27-28 August 11-12 contact <i>Cheryl O. Williams</i> (716) 595-3927	

### CANADA

**QUEBEC CITY, QUEBEC**  
April 24-26  
**SHERBROOKE, QUEBEC**  
April 3-5  
contact *Sylvestre Gorniak*  
(514) 351-3870

### THE NETHERLANDS

May 2-3  
contact *Tjaart Hofman*  
05908-13622

### H-PLUS WORKSHOPS

#### USA

**LILY DALE, NY**  
June 29-30  
July 13-14  
July 25-26  
August 8-9  
contact *Cheryl O. Williams*  
(716) 595-3927

#### CANADA

**MATANE, QUEBEC**  
April 10-12  
contact *Sylvestre Gorniak*  
(514) 351-3870

### OTHER HEMI-SYNC WORKSHOPS

#### CZECHOSLOVAKIA

#### GREECE

#### HUNGARY

#### MALTA

#### POLAND

contact *Kala Siciliano*  
Germany 490 6226 5192  
for information about the above, or bilingual Hemi-Sync workshops in any European country



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